

70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Women 47.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
Open	Sarah Gray Evansville, IN 12/6/2014	52.5	Sarah Gray Evansville, IN 12/6/2014	57.5	Sarah Gray Evansville, IN 12/6/2014	100	Sarah Gray Evansville, IN 12/6/2014 210
24-39							
M1							
40-44							
M2							
45-49							
M3							
50-54							
M4							

55-59							
M5 60-64							
M6 65-69							
M7 70-74							
M8 75-79							
M9 80-84							
M10 85-89							

Women 50.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17							
T3 18-19	Faith Wood Evansville, IN 7/28/2018	60	Faith Wood Evansville, IN 7/28/2018	32.5	Faith Wood Evansville, IN 7/28/2018	96	Faith Wood Evansville, IN 7/28/2018 185
Junior 20-23							
Open 24-39	Faith Wood Evansville, IN 7/28/2018	60	Faith Wood Evansville, IN 7/28/2018	32.5	Faith Wood Evansville, IN 7/28/2018	96	Faith Wood Evansville, IN 7/28/2018 185
M1							

40-44							
M2							
45-49							
M3							
50-54							
M4							
55-59							
M5							
60-64							
M6							
65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Women 53.0 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2	Jamie Catt Evansville, IN 6/10/2006	25	Jamie Catt Evansville, IN 6/10/2006	27.5	Jamie Catt Evansville, IN 6/10/2006	70	Jamie Catt Evansville, IN 6/10/2006 132.5
16-17							
T3							

18-19							
Junior 20-23							
Open 24-29	Jamie Catt Evansville, IN 6/10/2006	25	Jamie Catt Evansville, IN 6/10/2006	27.5	Jamie Catt Evansville, IN 6/10/2006	70	Jamie Catt Evansville, IN 6/10/2006 132.5
M1 40-44							
M2 45-49							
M3 50-54							
M4 55-59							
M5 60-64							
M6 65-69							
M7 70-74							
M8 75-79							
M9 80-84							
M10 85-89							

Women 55.5 kilograms				
Division	Squat	Bench Press	Deadlift	Total

T1 14-15								
T2 16-17	Mandy Cleveland Newburgh, IN 6/10/2006	80	Mandy Cleveland Newburgh, IN 6/10/2016	50	Mandy Cleveland Newburgh, IN 6/10/2006	102.5	Mandy Cleveland Newburgh, IN 6/10/2006	232.5
T3 18-19	Mandy Cleveland Newburgh, IN 7/7/2007	70	Mandy Cleveland Newburgh, IN 7/7/2007	50	Mandy Cleveland Newburgh, IN 7/7/2007	97.5	Mandy Cleveland Newburgh, IN 7/7/2007	217.5
Junior 20-23								
Open 24-39	Mandy Cleveland Newburgh, IN 6/10/2006	80	Mandy Cleveland Newburgh, IN 6/10/2006	50	Jessica Lord Evansville, IN 12/1/2018	102.5	Mandy Cleveland Newburgh, IN 6/10/2006	232.5
M1 40-44	Jenni Juhl Newburgh, IN 12/1/2018	80	Jenni Juhl Newburgh, IN 12/1/2018	45	Jenni Juhl Newburgh, IN 12/1/2018	95	Jenni Juhl Newburgh, IN 12/1/2018	220
M2 45-49								
M3 50-54								
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
Ma								

M9							
80-84							
M10							
85-89							

Women 58.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15	Bianca Baker Newburgh, IN 7/7/2007	60	Bianca Baker Newburgh, IN 7/7/2007	50	Bianca Baker Newburgh, IN 7/7/2007	105	Bianca Baker Newburgh, IN 7/7/2007 215
T2 16-17							
T3 18-19							
Junior 20-23							
Open 24-39	Katherine Snethen Evansville, IN 11/7/2015	117.5	Bianca Baker Newburgh, IN 7/7/2007	50	Katherine Snethen Evansville, IN 11/7/2015	132.5	Katherine Snethen Evansville, IN 11/7/2015 300
M1 40-44							
M2 45-49	Heather Endres North Liberty, IN 11/4/2017	105	Heather Endres North Liberty, IN 11/4/2017	50	Heather Endres North Liberty, IN 11/4/2017	102.5	Heather Endres North Liberty, IN 11/4/2017 257.5
M3 50-54							
M4 55-59							
M5 60-64							
M6							

M6 65-69							
M7 70-74							
M8 75-79							
M9 80-84							
M10 85-89							

Women 63 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15								
T2 16-17								
T3 18-19								
Junior 20-23	Lauren Blessinger Evansville, IN 6/10/2006	105	Gretchen Schnautz Evansville, IN 5/2/2015	55	Lauren Blessinger Evansville, IN 6/10/2006	120	Katherine Snethen Evanvsille, IN 12/6/2014	260
Open 24-39	Lauren Blessinger Evansville, IN 6/10/2006	105	Amanda Smith Cynthiana, IN 6/11/2016	80	Amanda Smith Cynthiana, IN 11/7/2015	142.5	Amanda Smith Cynthiana, IN 11/7/2015	310
M1 40-44								
M2 45-49	Ann Smith Evansville, IN 6/11/2016	47.5	Ann Smith Evansville, IN 6/11/2016	35	Ann Smith Evansville, IN 6/11/2016	70	Ann Smith Evansville, IN 6/11/2016	152.5
M3								

M0 50-54							
M4 55-59							
M5 60-64							
M6 65-69							
M7 70-74							
M8 75-79							
M9 80-84							
M10 85-89							

Women 70 kilograms							
Division	Squat	Bench Press	Deadlift	Total			
T1 14-15							
T2 16-17							
T3 18-19							
Junior 20-23							
Open	Jane Dick	Jane Dick	Jane Dick	Jane Dick			

Open 24-39	Evansville, IN 6/10/2006	107.5	Evansville, IN 6/10/2006	50	Evansville, IN 6/10/2006	117.5	Evansville, IN 6/10/2006	275
M1 40-44	Jane Dick Evansville, IN 6/10/2006	107.5	Jane Dick Evansville, IN 6/10/2006	50	Jane Dick Evansville, IN 6/10/2006	117.5	Jane Dick Evansville, IN 6/10/2006	275
M2 45-49								
M3 50-54	Susan Sanaghan Michigan City, IN 11/22/2008	87.5	Susan Sanaghan Michigan City, IN 9/13/2008	40	Susan Sanaghan Michigan City, IN 11/22/2008	132.5	Susan Sanaghan Michigan City, IN 7/11/2009	267.5
M4 55-59	Susan Sanaghan Michigan City, IN 7/11/2009	92.5	Susan Sanaghan Michigan City, IN 7/11/2009	50	Susan Sanaghan Michigan City, IN 7/11/2009	125	Susan Sanaghan Michigan City, IN 11/21/2009	280
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

Women 80 kilograms								
Division	Squat		Bench Press		Deadlift		Total	
T1 14-15	Paris Sutton Evansville, IN 11/22/2008	82.5	Paris Sutton Evansville, IN 11/22/2008	42.5	Paris Sutton Evansville, IN 11/22/2008	92.5	Paris Sutton Evansville, IN 11/22/2008	217.5
T2	Mycha Sutton		Mycha Sutton		Mycha Sutton		Mycha Sutton	

16-17	Evansville, IN 7/7/2007	70	Evansville, IN 7/7/2007	45	Evansville, IN 7/7/2007	102.5	Evansville, IN 7/7/2007	217.5
T3 18-19								
Junior 20-23								
Open 24-39	Kyle Reel Evansville, IN 7/28/2018	150	Kyle Reel Evansville, IN 7/28/2018	85	Kyle Reel Evansville, IN 7/28/2018	170	Kyle Reel Evansville, IN 7/28/2018	405
M1 40-44								
M2 45-49	Danielle Barnes Evansville, IN 12/6/2014	30	Danielle Barnes Evansville, IN 12/6/2014	42.5	Danielle Barnes Evansville, IN 12/6/2014	110	Danielle Barnes Evansville, IN 12/6/2014	182.5
M3 50-54	Kimberly Lively Newburgh, IN 12/6/2014	70	Kimberly Lively Newburgh, IN 12/6/2014	40	Kimberly Lively Newburgh, IN 12/6/2014	110	Kimberly Lively Newburgh, IN 12/6/2014	220
M4 55-59								
M5 60-64								
M6 65-69								
M7 70-74								
M8 75-79								
M9 80-84								
M10 85-89								

65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Women 47.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
Open							
24-39							
M1							
40-44							
M2							
45-49							
M3							

50-54							
M4							
55-59							
M5							
60-64							
M6							
65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Women 50.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
Open							

24-39							
M1							
40-44							
M2							
45-49							
M3							
50-54							
M4							
55-59							
M5							
60-64							
M6							
65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Women 53.0 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2							

16-17								
T3								
18-19								
Junior								
20-23								
Open								
24-39								
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								
M10								
85-89								

M9							
75-79							
M9							
80-84							
M10							
85-89							

Women 58.5 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							
14-15							
T2							
16-17							
T3							
18-19							
Junior							
20-23							
Open							
24-39							
M1							
40-44							
M2							
45-49							
M3							
50-54							
M4							
55-59							
M5							

M5 60-64							
M6 65-69							
M7 70-74							
M8 75-79							
M9 80-84							
M10 85-89							

Women 63 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1 14-15							
T2 16-17							
T3 18-19							
Junior 20-23							
Open 24-39							
M1 40-44							
M2							

20-23							
Open							
24-39							
M1							
40-44							
M2							
45-49							
M3							
50-54							
M4							
55-59							
M5							
60-64							
M6							
65-69							
M7							
70-74							
M8							
75-79							
M9							
80-84							
M10							
85-89							

Women 80 kilograms							
Division	Squat		Bench Press		Deadlift		Total
T1							

14-15								
T2								
16-17								
T3								
18-19								
Junior								
20-23								
Open	Maddie Herr Indianapolis, IN	135	Jennifer Frankic Evansville, IN	70	Maddie Herr Indianapolis, IN	145	Maddie Herr Indianapolis, IN	350
24-29	4/8/2017		5/2/2015		4/8/2017		4/8/2017	
M1								
40-44								
M2								
45-49								
M3								
50-54								
M4								
55-59								
M5								
60-64								
M6								
65-69								
M7								
70-74								
M8								
75-79								
M9								
80-84								

Women 44 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7						

70-74					
M8					
75-79					
M9					
80-84					
M10					
85-89					

Women 47.5 kilograms					
Division	Squat		Bench Press		Deadlift
T1					
14-15					
T2					
16-17					
T3					
18-19					
Junior					
20-23					
Open			Sarah Gray Evansville, IN 5/2/2015	60	
24-39					
M1					
40-44					
M2					
45-49					
M3					
50-54					
M4					

55-59					
M5					
60-64					
M6					
65-69					
M7					
70-74					
M8					
75-79					
M9					
80-84					
M10					
85-89					

Women 50.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3			Faith Wood Evansville, IN 7/4/2018	32.5	Faith Wood Evansville, IN 7/4/2018	90
18-19						
Junior						
20-23						
Open			Faith Wood Evansville, IN 7/4/2018	32.5	Faith Wood Evansville, IN 7/4/2018	90
24-39						
M1						

40-44					
M2					
45-49					
M3					
50-54					
M4					
55-59					
M5					
60-64					
M6					
65-69					
M7					
70-74					
M8					
75-79					
M9					
80-84					
M10					
85-89					

Women 53.0 kilograms					
Division	Squat		Bench Press		Deadlift
T1					
14-15					
T2					
16-17					
T3					

18-19				
Junior 20-23				
Open 24-39				
M1 40-44				
M2 45-49				
M3 50-54				
M4 55-59				
M5 60-64				
M6 65-69				
M7 70-74				
M8 75-79				
M9 80-84				
M10 85-89				

Women 55.5 kilograms			
Division	Squat	Bench Press	Deadlift

T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23	Jessica Lord Evansville, IN 3/17/2018	75	Lexie Heald Fortville, IN 6/27/2015	57.5	Jessica Lord Evansville, IN 3/17/2018	105
Open 24-39	Jessica Lord Evansville, IN 3/17/2018	75	Jessica Lord Evansville, IN 7/4/2018	45	Jessica Lord Evansville, IN 6/9/2019	120
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
Ma						

M9						
80-84						
M10						
85-89						

Women 58.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open	Heather Endres North Liberty, IN 9/16/2017	104.33	Sienna Valdez South Bend, IN 6/27/2015	57.5	Sienna Valdez South Bend, IN 6/27/2015	132.5
M1	Heather Endres North Liberty, IN 4/11/2015	95	Jenni Casten-Juhl Newburgh, IN 6/8/2019	47.5	Heather Endres North Liberty, IN 4/22/2017	97.5
M2	Heather Endres North Liberty, IN 9/16/2017	104.33			Heather Endres North Liberty, IN 9/16/2017	102.06
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						

M6 65-69					
M7 70-74					
M8 75-79					
M9 80-84					
M10 85-89					

Women 63 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17	Naomi Seifert Mt. Vernon, IN 3/7/2015	87.5				
T3 18-19	Samantha Fromelius Evansville, IN 3/8/2014	85				
Junior 20-23						
Open 24-39	Sara Gibson Evansville, IN 3/8/2014	102.5	Sara Gibson Evansville, IN 3/8/2014	60	Amanda Smith Evansville, IN 4/25/2015	150
M1 40-44						
M2 45-49					Darlene Wallace Newburgh, IN 3/8/2014	102.5
M3						

M0 50-54					
M4 55-59					
M5 60-64					
M6 65-69					
M7 70-74					
M8 75-79					
M9 80-84					
M10 85-89					

Women 70 kilograms					
Division	Squat		Bench Press		Deadlift
T1 14-15					
T2 16-17					
T3 18-19					
Junior 20-23					
Open	Susan Sanaghan		Susan Sanaghan		Susan Sanaghan

Open 24-39	Michigan City, IN 3/9/2013	97.5	Michigan City, IN 3/9/2013	55	Michigan City, IN 3/14/2009	125
M1 40-44						
M2 45-49						
M3 50-54	Susan Sanaghan Michigan City, IN 3/14/2009	92.5	Susan Sanaghan Michigan City, IN 3/14/2009	47.5	Susan Sanaghan Michigan City, IN 3/14/2009	125
M4 55-59	Susan Sanaghan Michigan City, IN 3/9/2013	97.5	Susan Sanaghan Michigan City, IN 3/9/2013	55	Susan Sanaghan Michigan City, IN 3/5/2011	115
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2						

16-17						
T3 18-19						
Junior 20-23						
Open 24-29	Kyle Reel Evansville, IN 6/8/2019	165	Kyle Reel Evansville, IN 6/8/2019	100	Kyle Reel Evansville, IN 9/8/2018	170
M1 40-44						
M2 45-49						
M3 50-54	Kimberly Lively Newburgh, IN 12/6/2014	70	Kimberly Lively Newburgh, IN 12/6/2014	40	Kimberly Lively Newburgh, IN 12/6/2014	110
M4 55-59			Carolyn Beck Evansville, IN 6/8/2019	67.5		
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 90 kilograms

Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23					Amanda Aders Newburgh, IN 12/1/2018	120
Open 24-39			Kim Welcher Evansville, IN 3/8/2014	85	Amanda Aders Newburgh, IN 12/1/2018	120
M1 40-44						
M2 45-49			Kim Welcher Evansville, IN 3/8/2014	85		
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						

M8 75-79						
M9 80-84						
M10 85-89						

Women 90+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39			Brandi Sneed Mishawaka, IN 6/27/2015	95	Brandi Sneed Mishawaka, IN 6/27/2015	182.5
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						

M5 60-64					
M6 65-69					
M7 70-74					
M8 75-79					
M9 80-84					
M10 85-89					

Police, Military, Fire Unequipped					
Weight	Squat		Bench Press		Deadlift
58.5					

Women 44 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6						

65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 47.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3						

50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 50.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open			Angela Hardy Mishawaka, IN	50	Angela Hardy Mishawaka, IN	107.5

24-39			6/25/2011		6/25/2011	
M1 40-44						
M2 45-49			Angela Hardy Mishawaka, IN 6/25/2011	50	Angela Hardy Mishawaka, IN 6/25/2011	107.5
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 53.0 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2						

16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 55.5 kilograms

Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2 45-49						
M3 50-54						
M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
MR						

M9						
75-79						
M9						
80-84						
M10						
85-89						

Women 58.5 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						

M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 63 kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39						
M1 40-44						
M2						

M1 45-49					
M3 50-54					
M4 55-59					
M5 60-64					
M6 65-69					
M7 70-74					
M8 75-79					
M9 80-84					
M10 85-89					

Women 70 kilograms					
Division	Squat		Bench Press		Deadlift
T1 14-15					
T2 16-17					
T3 18-19					
Junior					

20-23						
Open					Susan Sanaghan Michigan City, IN 4/5/2008	130
24-39						
M1						
40-44						
M2						
45-49						
M3					Susan Sanaghan Michigan City, IN 4/5/2008	130
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						
M10						
85-89						

Women 80 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						

14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evanvsille, IN 7/31/2010	137.5
24-39						
M1						
40-44						
M2			Diane Shirley Evansville, IN 7/31/2010	72.5	Diane Shirley Evanvsille, IN 7/31/2010	137.5
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						
M7						
70-74						
M8						
75-79						
M9						
80-84						

M10						
85-89						

Women 90 kilograms						
Division	Squat		Bench Press		Deadlift	
T1						
14-15						
T2						
16-17						
T3						
18-19						
Junior						
20-23						
Open						
24-39						
M1						
40-44						
M2						
45-49						
M3						
50-54						
M4						
55-59						
M5						
60-64						
M6						
65-69						

M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Women 90+ kilograms						
Division	Squat		Bench Press		Deadlift	
T1 14-15						
T2 16-17						
T3 18-19						
Junior 20-23						
Open 24-39			Kami Gibson Evansville, IN 9/8/2018	57.5	Kami Gibson Evansville, IN 9/8/2018	125
M1 40-44						
M2 45-49						
M3 50-54						

M4 55-59						
M5 60-64						
M6 65-69						
M7 70-74						
M8 75-79						
M9 80-84						
M10 85-89						

Police, Military, Fire Unequipped						
Weight	Squat		Bench Press		Deadlift	
58.5						